



EMOTIONAL HEALING AND RELEASE

A SILENT JOURNEY OF INNER HEALING

THE GOAL: Healing/Resolution, *without asking intrusive questions*. The client does all the work in an intimate, safe, internal space of healing. Subconscious imprints are reprocessed to establish a new normal memory with a narrative, e.g., *I remember that day ...* Now it's just something that happened.

THE RESULT: **"That Was Then, and This is Now"**

BEFORE YOU BEGIN: Fully explain to the client what is about to incur. Let the client know this step-by-step process of healing will lead to full resolution and healing. It is a metaphorical journey, so suspend disbelief and participate. The subconscious believes what is accomplished in the imagination is truly accomplished. This enables rapid healing, usually followed by feelings of lightness and freedom. Be sure to let the client know they are in complete control, totally empowered every step of the way. There will be NO uncomfortable or fearful "reliving" of events. Rather, this process of changing and transforming the event creates the freedom to walk into the future unrestricted by past events, embracing a new chapter in life.

This journey takes the client through a series of psychological steps that bring complete resolution, for example, stages of closure, forgiveness, emotional release, freedom, inner child healing.

This is merely a template to use while guiding a client through the process. Each step is explained in detail in the training video included in the Bonus Lesson regarding Age Regression techniques.

THE PROCESS:

1. Go down a Stairway in Nature (Outdoors)
2. Meet your Inner Healer by the River of Time (floating *back and down* the river of time...) Your Inner Healer knows just where to stop.
3. Walk Into a Meadow (notice chairs & props; a script, a remote, and bullhorn)
4. Theater Materializes; the curtains are closed.
5. Float up to Projection Room (a plexiglass bubble of protection).
6. Inner Healer gives the OK to begin. Press "open" to release the curtains and "start" to begin the movie.
7. The title is merely "A Slice of Life."

8. Press "Play." An old black and white movie begins.
9. Rip up the Script (it doesn't belong in your movie) – you are the writer and you didn't write this script.
10. Float past the Inner Healer and the "other you" watching the screen in the middle of the theater. Insert yourself into the movie.
11. Press "Freeze" – "Pause" – and the actors are frozen in time. The abused Inner Child runs over with a nervous smile, rescued at last. For now, the child hides safely behind the mature adult self's knees, as a child will do, watching to see what happens next.
12. Closure: Finally Seen – Heard – and Understood – You are leaving this behind today
13. Forgive both yourself and others.
14. Walk Away from Abuser(s), leaving them behind.
15. Notice their insignificance, their human frailty (wondering how you let them have so much power over you for so long). They shrink until they disappear (taking your power back).
16. Emotional Release: notice and remove toxic emotions into a growing, heaping pile of toxic waste.
17. NOTICE you are separate from the pile. You are well and all of "that" is over there. You never needed to carry it.
18. Destroy the pile of waste. Use your favorite visualization, building in sensory modalities. E.g., set a bonfire and burn it down to cold ashes. Maybe Mother Nature helps, opening the earth and absorbing the remaining residue into the fiery core of the earth (disintegrated)
19. All of it gone, destroyed. Where you can never find it and it can never come back (freedom, lightness, inner strength)
20. Your Inner Healer initiates a "Liquid golden river of healing" inside of you (reconnection to authentic self, gifts, capabilities, resources within.
21. Fill the cleansed, empty spaces that once held those toxins with new healing and connection to true self and resources.
22. Inner Child Healing: child absorbed, integrated, healed and whole.
23. Receive a Gift from Inner Healer to symbolize this healing journey. Express thanks and gratitude.
24. Stop. Notice the movie is over and the screen now says "The End." (theater, chairs, props disappear, landscape returns to normal)
25. The work is done – now Walking Tall into the Future